



Navy and Marine Corps Public Health Center "Quick Hits"



January 2011

Tobacco Cessation

Message For Medical Commands To Share With Line Leadership And Healthcare Staff :

Many people use the New Year as an opportunity to make a change in their life to: stop using tobacco, lose weight, eat more healthy, exercise more, etc. These new changes start off strong for the initial 5 to 6 weeks but then the difficulty of lifestyle change is encountered. Making your life better doesn't have to be difficult. With proper planning and preparation, you can make a lasting positive change in your life- especially with tobacco.

Key Messages for POD and Other Communication Vehicles

- You are ready to quit. As with any habit change, it takes help, time, and patience. Rome was not built in a day and quitting tobacco will take some time. We know that counseling can be a big help- either from a quitline, website, or in person from your provider or cessation counselor. We also know that using FDA-approved tobacco cessation medications such as the nicotine patch and gum plus counseling can add a tremendous boost to successful quitting. There are many avenues for assistance with quitting. Don't forget- your friends and family can be very helpful in supporting your success.
- You have tried before. The average tobacco user tries 7 times to quit before achieving a tobacco-free lifestyle. Don't give up. The three "P's" are so important- be **prepared**, be **patient**, and be **positive**. Being prepared for your quit attempt can mean getting help via one of the great free resources that are now available and using any of the approved tobacco cessation medications. Being patient is very important- remember that the longest journey begins with the first step- so take your tobacco-free journey one step/day at a time. Be positive because quitting means more money in your pocket, better health, increased social mobility, and a longer life.
- You are not sure what to do. Nearly 60% of current tobacco users want to quit. Some are not sure what to do or where to go to get help. Every Navy healthcare facility can help you with your tobacco free journey. Stop by or call and get help. Some excellent telephone and online resources are also available and listed below.
- You are not sure what to use. As stated before, counseling helps. There are many FDA-approved tobacco cessation medications available. Ask your provider or counselor what medications can help decrease the symptoms of quitting and help sustain a successful quitting attempt. Do not change to another tobacco product because there are no safe forms of tobacco and switching types of tobacco is not part of any approved cessation program. In addition, the new electronic nicotine delivery devices (E-Cigarettes, E-Pipes, or E-Cigars) are not recommended solutions for managing smoking addiction.

POC and Links

- **NMCPHC Homepage:** www.nmcphc.med.navy.mil/
- **NMCPHC Healthy Living:** www.nmcphc.med.navy.mil/Healthy_Living/
- **QUIT LINES:** **TRICARE South Region— 877-414-9949.**
TRICARE North Region— 866-459-8766
TRICARE West Region— 866-244-6870.
National - 1-877-44U-QUIT (1-877-448-7848)
State- 1-800-QUITNOW (1-800-784-8669)
- **Web resources:** www.ucanquit2.org www.smokefree.gov
- **Inaugural - Armed Forces Public Health Conference**
For more information, "click" on the Save the Date card



Save the Date
Armed Forces Public Health Conference
Public Health in a Joint Environment

MARCH 2011

Hampton Virginia
Hampton Roads Convention Center
18-25 MARCH 2011

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MISSION: Provide an educational conference that addresses joint and multi-national common Public Health principles, ideas, approaches, technologies, policies, guidance, methods, and procedures.